



## 2012 HPC – What is the High Performance Camp?

Women's hockey is still very much a recreational sport in many countries and in order to bring the sport to an elite level on the ice outside of North America, the Under-18 High Performance Camp was created. It is a practical tool for the next group of athletes and team staff who will be involved in the international game in the critical learning period of their hockey career. The main goal of the high performance camp is to provide a one week example of what the athletes need to focus on to be elite female hockey players and the areas of support the staff and federations need to provide to create the right environment for success on the international stage.

Many people around the world have had the opportunity to participate in the IIHF Hockey Development Camps in the past 12 years. While that camp is an amazing tool for the global leaders to develop more opportunities for young athletes in their home nations, the high performance camp works with the top hockey players to lay the foundation of what it takes to not only be a naturally talented player, but a hard-working elite athlete. As well, the full support team including coaches, managers, equipment managers, athletic trainers, strength coaches and a camp nutritionist are all brought together to demonstrate the resources these elite athletes need to reach their top performances.

July 2012 will be the second time the IIHF has hosted a High Performance Camp for the best Under-18 female players. In 2011, the inaugural camp held in Bratislava, Slovakia, was a tremendous showing of skilled players coming together to push each other to a higher level. It provided the first experience that many of these young athletes had to elite expectations both on and off the ice through fitness testing and comparison to top female hockey athletes in their age, fast paced practices and games, and a seminar program covering topics from injury recovery to nutrition to being a leader on their team at home.

This summer, we are building on the success of last year's camp. Strong focus will be on the technical skating and skills side of the game, as well as nutrition and strength and conditioning. We are very fortunate once again to have some of the top coaches, athletes, and administrators in women's hockey on the camp staff, and this will be an event that all 185 participants will never forget!

### HPC Camp Staff

The Camp Leadership team consisting of Amber Lesage (Canada), Lubomira Kozanova (Slovakia) and Melody Davidson (Canada) have been working with Tanya Foley, IIHF Women's Program Manager, for the past few months to create a challenging week for all participants and have brought in an outstanding group of leaders. Every participant at the camp will have a mentor working with them to help answer questions, to challenge them and, most importantly, to share their experiences gained over the years of being involved in elite women's hockey.

The names on the third row of the organization chart on the following page will set the tone of the camp. They will be working together with the team staffs to ensure the best learning environment is achieved while we show everyone what to expect for the future of women's hockey!

# 2012 Under-18 High Performance Camp – Vierumäki, Finland

Other Relationships  
Onsite

IIHF Sport Director  
Dave Fitzpatrick

Host Committee  
Chairman  
Timo Bäckman

Organizing Committee /  
IIHCE

Mika Saarinen  
Robert Andersen  
Johanna Skyttä

Game Officials  
Konstantin Komissarov  
Adrian Oggier

Hockey Development  
Camp & Learn to Play  
Darryl Easson  
Adam Sollitt

IIHF Writer  
Risto Pakarinen

Camp Director  
Tanya Foley

Asst Camp Director

Lubomira Kozanova

Asst Camp Director

Amber Lesage

Coch Mentor

Mel Davidson

Coch Mentors

Linda Lundrigan, Rick Polutnik, Peter Smith, Scott Wiley, Henrik Cedergren, Christian Yngve

Ambassador Mentor

Hayley Wickenheiser

Athlete Ambassadors

Saara Tuominen, Emma Terho, Delaney Collins, Isabelle Chartrand, Iya Gavrilova, Alena Polenská

Camp Doctor

Katja Luukkonen

Athletic Trainer Mentor

Doug Stacey

Strength Coach Mentors

Dawn Strout  
Steve Lidstone

On-ice Skills Instructors

Danielle Goyette  
Marc Power

Students

Eddy Guay  
Pryr Eskola

Observer Program Assistant Lead

Fraucha Kubischta

Goaltender Coach Mentors

Danielle Dubé  
Matt Cockell

Team Manager Mentor

Tiina Karinen

Nutritionist  
Pearle Nerenberg

Equipment Manager Mentor

Scott Eastman

Team Services / Game Protocol Manager

John Maiorino

Team Coaches

Jukka Koskinen (Mika Väärälä), Laura Rollins, Max Holzmann, Gabriela Sabolova, Laila Dekmeijere, Trigubova, Alexander Uilyankin (Anastasia Sarapkina), Noliwenn Rouselle, Teruhiko Okita, Markus Lackner, Stefanie Wyss, Jana Krylova (Henry Kowolrat), Sean Alderson

Athletic Trainers

Sabrina Morelli, Christian Wilson, Tomoyu Kawai, Alexander Borodin, Christine Atkins, Amy Montgomery

Strength Coaches

Joachim Algren, Samantha Menton, Jon Taarud Rømoen, Hanne Skikiö, Fiona King, Armin Streibl

Goalie Coaches

Mandy Cronin, Nanna Holm Glass, Jukka Kontsas, Lolita Andrisevska, André Lysenstøen, Seánna Conway

Team Managers

Yekaterina Skolbelkina, Hanna Olkinura, Laura Cencetti, Randi Aase, Zsuzsi Kolbenheyer, Inara Zvidre

Equipment Managers

Henrik Jørgensen, Laszlo Medgyes, Brittany Simpson, Luc Leenders, Benny Andersson, Kevin Vaughn

Team Assistants

Noora Tulus  
Matilda Nielsen